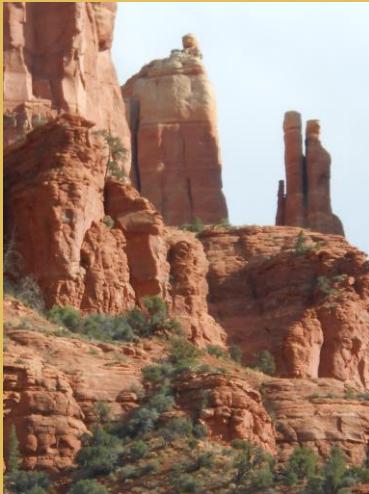


# Spirals, Spring & Strings



Earth Energy Vortex  
in Sedona, Arizona

When Hansel and Gretel were left alone in the woods by their parents, who could no longer afford to feed them, they left a trail of bread crumbs to find their way back home. A string is what Theseus used to guide him out of the labyrinth that housed the Minotaur. Spider weaves her web like a crocheted masterpiece flowing outward from the centre. Spirals are actually quite prevalent in the narratives of many cultures if we have the eyes to see them. They signify movement, growth, development, and change. Most people, however, resist change or, at the very least, embrace change with reluctance and so spiral will elude their perception.

The labyrinth captures the journey of the hero from his home, to the unknown where he learns about himself then returns home a new man. Walking a labyrinth is a spiritual practice when done with intention. While the left brain is busy watching the footing, the right brain is free to wander and come back with new insights. There is a famous labyrinth of pilgrimage at Chartres in France. You do not have to travel that far to partake of the experience. Many people create their own labyrinths in sand, snow or grass. There is a travelling canvas one that shows up here in Guelph at Harcourt United Church on occasion. Drawing labyrinths on paper is a meditative practice on its own. There are even labyrinth apps for the iPhone nowadays!

## *Spirals in Nature*

Whorls are the spirals on our thumbs created by the ebb and flow of amniotic fluid in utero. No two finger prints are alike. Helix formations such as ivy vines or the unfolding fiddlehead buds of the fern in the spring are the spirals of the flora world. Ammonite shells, the organic base for the rainbow gemstone Ammolite, are animal spirals, as are horns and snail shells.

Unnatural spirals in nature can be seen on tree trunks that have twisted. This could signify the presence of a vortex or more likely is a symptom of geopathic stress. Underground water ways, like all water, have an energetic pull to them. They are yin in nature and negative in polarity. When water ways intersect their negative magnetism is amplified. All sentient beings who spend long periods of time above such intersections are affected. It can drain your energy and disrupt normal growth patterns. Whenever I hear of entire families afflicted with cancer, I think their house must be geopathically stressed. A dowser can help determine the best placement of beds to minimize the impact of earth energies on the inhabitants. We spend many hours a night in bed so its placement is critical to good health.

“On the pad of my thumb are whorls, whirls, wheels in a unique design; mine alone. What a treasure to own! My own flesh, my own feelings. No other, no matter how grand or base, can ever contain the same. My signature thumbing the pages of my time. My universe key, my singularity. Impress, implant, I am myself, all of my atom parts, I am the sum. And out of my blood and my brain, I make my own interior weather, my own sun and rain. I imprint my mark upon the world, whatever I shall become.”

Eye Merriam

## Soul Coaching by Sandy

Telephone 519 824-1507  
[sacredstonesforthesoul@gmail.com](mailto:sacredstonesforthesoul@gmail.com)

[WWW.SACREDSTONESFORTHESOUL.COM](http://WWW.SACREDSTONESFORTHESOUL.COM)

## Change your Thoughts...Change your Life

There is an entire chapter devoted to resistance to change in You can Heal your Life by Louise Hay and another on how to change.

Change is really the stuff of living in all cultures. Babies grow, children develop, adults age and we all learn, adapt, or adjust along the way. The I Ching is the Chinese Taoist text that means the book of changes. It has been around for centuries. A great book on the adult stages of development is Passages by Gail Sheehy. We all have resistance to changes some of the time. Transitions mean loss and loss is painful. Even losing something that no longer serves us well means the loss of the familiar and, so, comfort zones (even the unhealthy kind) get eroded, which feels like a violation. Nobody wants to feel violated or disempowered. That is a normal initial reaction. It becomes problematic when it persists and interferes with natural evolution. While we might not be able to entirely control the changes, we can control our own thinking about what is in transition. Thoughts, even thoughts about resisting change, can be changed. Some thoughts may change quickly while older ones may take longer to change. From a brain perspective, the more we think a thought, the more we reinforce a neuropathway in our circuitry. It becomes entrenched, but recent discoveries in the field of neuroplasticity show that even hardened pathways in the brain can be rewired. Hope!

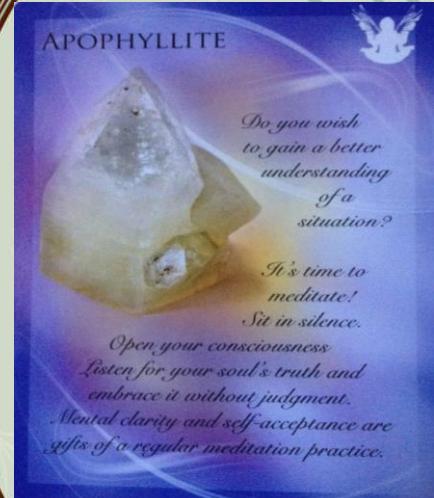
“The webs we create around ourselves need to be unwound. If you have ever untangled a ball of string, you know that yanking and pulling only makes it worse. You need to very gently and patiently unravel the knots. Be gentle and patient with yourself as you untangle your own mental knots. Get help if you need it. Above all, love yourself in the process. The willingness to let go of the old is the key. That is the secret.”

Louise Hay



Our New In-spiral-ations Hand Made Collection

## Rock Star of the Month



*From the Angels &  
Guardian Gemstones  
Cards*

*by Margaret Ann Lembo*

*Apophyllite works on the pineal gland and connects us to the angelic realm. It uplifts us, creates peace, relieves tension and anxiety. It helps release negative thought patterns that hold us back.*

## Rewiring & Remembering How Spirals Inspired Me

My new line of wire spirals has not only been great fun to create, but has truly been inspired. Many of the designs flew out of me one day while I was watching DVDs of Joan of Arcadia - a TV show that was around about a decade ago. It is about a teenage girl's everyday encounters with God, who shows up in the form of other people. It reminds me a lot of the Conversations with God books by Neale Donald Walsh.

Beautiful messages! Beauty inspires beauty.

Afterwards, when I really looked at the various shapes my hands made with the metal I could see some of them were Reiki symbols. I haven't been consciously practicing Reiki in years, but it's still part of me clearly. Maybe the spirals were really bringing me home.

## Coaching Questions:

- © What knots do you have to unravel?
- © Do you feel lost? Do you ask for directions? Do you follow directions?
- © What do you do to find your way home or back to centre?
- © How open are you to change?
- © In your own life journey right now are you home, on route or coming back? How long have you been there?
- © What do you want to change in your life? What actually needs to change?
- © What is stopping you from changing?
- © Time to hit the road? Take a road trip or plan a pilgrimage.

## Practice makes perfect!

Do you remember playing the game cat's cradle when you were a kid? Weaving lines, diamonds and rectangles with wool in your fingers—that is spiral energy in action.

1. Find a long piece of string. A ball of yarn is good or a long bootlace or some thin ribbon will work too.
2. Tie the end to your thumb.
3. Ask a question that you want to find answers to or think of a problem in need of an elusive solution.
4. Weave the string over a finger, under another, back and forth. Undo. Repeat.
5. Your left brain will focus on the pattern and movement. Let your right brain meander for a while.

BE OPEN TO INSIGHTS.



New!!! Agate Slice Bracelets and Pendants

## Spring Equinox

Equinoxes are always points of balance in the yearly sun cycle, but the recent one had real kick.

March 20<sup>th</sup> was not just the first day of spring and a new moon, but also host to a solar eclipse. We have all experienced the effects of a full moon on human behaviour. An eclipse is like a full moon on steroids. Big things happen in lightning bolt intensity. The ancients knew this and treated eclipses as sacred celestial events.

The effects of an eclipse can be felt up six months in either direction of time. New moon evokes beginnings. We plant seeds during the new and harvest during the full. For me, the spiraling equinox energies returned me to clean up from the events in my life last fall. I finally submitted my letter of resignation from a job that no longer supports the highest expression of who I am. I am excited about the seeds I am sowing to fully launch my soul coaching practice this September. I am also equally terrified. This is big change for me.

This Easter weekend we will have a lunar eclipse and a full moon. It's a good time to go within. Reflect. Yet, be prepared for a strong likelihood of emotional showers.

*Sacred Stones for the Soul*

*is a division of*

*Dragonfly Dreamtime Coaching and Consulting*



*Sacred Stones for the Soul*

On Saturday, April 11<sup>th</sup> we will have a vendor table at the Spring Fling Fundraiser for Hope House at Lakeside Church in Guelph.



Hi5vB  
Affirmative  
Inspiration  
Wear



*Healing the world one gemstone at a time...*

**Sacred Stones for the Soul**

Guelph, Ontario  
Canada

